



Studio Class Timetable

Due to our cozy space, booking is required for classes in advance. You can book classes online, use the sign in sheets in the studio or drop us an email, call, text, facebook post, tweet - you name it! If the class is fully booked we will put your name on the standby list in case there is a cancellation.

If you fancy dropping in last minute, just give us a quick call or text and we'll get straight back to you to let you know if space is available. If you can't make your class please let us know as soon as possible so that others may be able to come in your place.

Monday

09.30-10.45 ENERGISE (Jen)

18.00-19.15 ENERGISE (Jen)

19.30-21.00 Beginners Course (Stretch)

Tuesday

07.00-08.00 ENERGISE (Jen)

09.30-10.45 ENERGISE (Jen)

18.30-19.45 STRONG (Jen)

Wednesday

9.30-10.45 FOUNDATION (Stretch)

18.30-19.45 FOUNDATION (Stretch)

Thursday

07.00-08.00 STRONG (Stretch)

09.30-10.45 ENERGISE (Jen)

18.30-19.45 STRONG (Stretch)

20.00-21.15 MELLOW (Jen)

Friday

09.30-10.45 ENERGISE (Jen)

18.00-19.30 Beginners Course (Stretch)

Saturday

08.00-09.00 ENERGISE (Jen)

10.00-11.15 FOUNDATION (Stretch)

Sunday

No Classes

Single Class - £7

Block of 5 - £30

Block of 10 - £55

Payment either by cash or cheque on the day or BACS in advance to:

Jennifer Harvey, Lloyds Bank, 11362268, 30-90-34 using your name as a reference

jen@oceanflowyoga.co.uk

www.oceanflowyoga.co.uk

www.facebook.com/OceanflowYogaCornwall www.twitter.com/OflowYoga

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